



**Fall 2017**

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# ORGANIZATIONS DOING GOOD WORK



## Foundation Overview

### A Promise Made



Leeza Gibbons is a nationally recognized TV news journalist, author and entrepreneur whose latest book *Take 2 Your Guide to Creating Happy Endings and New Beginnings* recently hit the New York Times best Seller list. Recipient of AARP's Annual Inspire Award and named the "Voice of the Caregiver" she has demonstrated insight and innovation by creating Leeza's Place and Leeza's Care Connection to offer free services to the voiceless population of caregivers who report feeling under-valued and alone on their caregiving journey. Her listeners and viewers are often empowered with her message and uplifted by her example of how to be your own health advocate.

### Leeza's Care Connection Facts

Leeza created The Leeza Gibbons Memory Foundation in 2002 as a promise to her mother to "tell her story and make it count" after her diagnosis of Alzheimer's disease. Leeza's Place, now known as Leeza's Care Connection is the signature program of The Leeza Gibbons Memory Foundation opening its first doors in 2003. It is what Leeza "wished we had when we were going through this journey."

Leeza's Care Connection is a place for caregivers to "Summon their Strength" and call on their courage when a health crisis hits in their family. It is a place to go for support, to ask questions, find resources and connect with other caregivers. A place where caregivers learn the importance of holding onto yourself while caring for someone you love.

Our Centers Educate, Empower and Energize. We are an energetic community of people who stand together so no one has to walk this path alone. Caregivers develop new skills to help handle the changes and demands of their new life, allowing them to become stronger and more resilient, building a support network and family who understands both the burdens and blessings of caregiving.

In the US, there are over 65 million caregivers currently taking care of a loved one going through a health crisis, that's 30% of our population. These are husbands and wives, sons and daughters, brothers and sisters, family and friends who are taking care of people they love. Caregivers are often depressed, stressed and depleted which can lead to burnout...often causing stress related disorders that can take up to ten years off the life of the caregiver.

## Our Mission & Goals

### Our Vision

Our vision is to reset the caregiving conversation.

### Our Mission

Our mission is to prepare caregivers for an ever-changing life by providing innovative self-care and wellness programs and resources.

### Our Goal

Our team works passionately with one urgent goal in mind: to create an atmosphere of encouragement and empowerment, allowing caregivers to flourish and thrive as they call on their courage and summon their strength, creating better outcomes for the person being cared for and for the caregiver themselves as they also learn how to maintain their own health and life while caring for someone they love.

**Breathe**      **Believe**      **Receive**

*Our Mantra is **"Breathe Believe Receive"**. Caregivers must nourish themselves mind, body, soul and spirit before taking care of their loved ones. Breathe in the oxygen so you can stand steady and strong, Believe you will get through this journey and Receive what others have to offer. Our psycho, social, emotional, wellness approach at Leeza's Care Connection connects caregivers to themselves and others. It is within in the journey we become strong and are able to face the challenges of caregiving. Gaining self confidence and increasing self-esteem while reducing stress energizes caregivers and allows them to feel "I can do it".*

# THE LIFE OF A CAREGIVER

## Some Things I Have Learned

by [John Patterson](#)

**I have learned to learn about the illness.** In my case, I have learned about 11 illnesses, only to find that any one of them may crop up and have symptoms at any time and last for a few minutes, a few hours, a few days or even months. I have learned to take care of myself. The better I take care of myself, the better care I can give.

**I have learned to set up a business so I can keep on working.** I have learned to be on call 24/7. I have learned that doctors are on call also, so call them. I have learned that there is never enough money, so ask, ask, ask for help. One can find ways to get help. I have learned to call an RN on my insurance card. "Hello, RN. Tell me which way I need to go with this problem." I can call 24 hours a day.

**I have learned to do things I never thought I ever would do in my life.** I have learned to take complete care of my loved one for she is totally dependent on someone else to help her do her daily tasks of living. I have learned to fight for her. Doctors can care or they can hear from me very loudly. I have learned not to wait. See an infection? Do something about it before the infection blows up into something bigger to deal with.

**I have learned to slow down when I have to.** Lord knows, I care; but there are times I lose all energy and have to go to bed early to get 12 or more hours of sleep. I have learned not to sweat the small stuff. Get done what you can and to Hell with the rest. Sometimes, the small stuff is not that big of a deal and can be dealt with the next day, next week or not at all.

**I have learned I do not know it all.** Every day has something else to deal with. I have learned to fight the insurance company. Their first response is always "No." So learn that and then ask again. Sometimes there are ways around the "No" of an insurance company.

**I have learned that there are treasures in caregiving.** It's not always Hell; actually, there are some blessed moments that can be reaped. Look for these moments, then go toward that area of life so both caregiver and care recipient are blessed. I have learned to give it to God. There are some things that are just not clear. So, let go and let God do within His will and care.

**I have learned I can help others**—especially those who are where I was several years ago. I can be there for them and they can be there for me. I have learned to suck it up. I am not a special caregiver. There are others in the same boat as I am. Some are even worse off. I have learned to care...to simply be there, day in and day out, so my loved one is blessed.

**I have learned that others are watching**—from my job, from my church, from my neighbors. All are watching to see how I am handling this ordeal. I have learned and I am still learning in my caregiving experience.

Reference:

Today's Caregiver. (n.d.). Some things I have learned.

Retrieve from: <https://caregiver.com/articles/things-i-have-learned/>

## CARING FOR THE CAREGIVER

### A Caregiver's Bill of Rights

*I have the right:*

To take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.

To seek help from others even though my relative may object. I recognize the limits of my own endurance and strength.

To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.

To get angry, be depressed, and express other difficult feelings occasionally.

To reject any attempt by my relative (either conscious or unconscious) to manipulate me through guilt, anger, or depression.

To receive consideration, affection, forgiveness, and acceptance for what I do from my loved one as long as I offer these qualities in return.

To take pride in what I am accomplishing and to applaud the courage it has sometime taken to meet the needs of my relative.

To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer need my full-time help.

To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired older persons in our country, similar strides will be made toward aiding and supporting caregivers.

To:

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***Add your own statements of rights to the list. Read the list to yourself everyday.***

*Reprinted from Caregiving: Helping An Aging Loved One, a book by Jo Horne.  
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## Long-Distance Caregiving

An estimated 11 percent of family caregivers live at least an hour away from their loved one. Many have the same concerns and pressures local caregivers have — and then some. They tend to spend more of their own money on caregiving, for instance, because they're more likely to need to hire help, take time off work (which may not be paid) and pay for travel. The most significant challenge they face, however, can simply be staying informed and assured that the person needing care is in good hands. A few things a long-distance caregiver can't do without: good communication and a solid team on the ground.

### **1. Establish proper access:**

Having proper access to information and the legal authority to make decisions is important for all primary caregivers, but it's even more so for those handling care from a distance. Example: You'll need signed documents permitting doctors to share information with you. Much of the arranging is best handled during an in-person visit, when you can work with your loved one to locate, organize and fill out necessary paperwork — and there will be plenty.

#### **Quick Tips:**

**Start the discussion.** It's often difficult to discuss finances, but you need to get the lay of the land. You and your loved one will need to strategize over how to pay for health care costs and other everyday expenses. Consider how much is on hand in savings and investments, the size of major payments like housing and whether they have long-term care insurance.

**Request access to information.** Ask whether your loved one can sign the forms or make the calls necessary to give doctors, hospitals and health insurance companies' permission to share information with you or another trusted family member. Don't forget things like banks and utilities: You may end up becoming the bill payer.

**Address legal issues.** If your loved one hasn't already designated a durable power of attorney for health care and financial decisions, ask whether she'd like you or someone else she unequivocally trusts to take on that crucial role. If there's no power of attorney and they become physically or cognitively unable to choose one, the courts will have to step in.

**Know emergency basics.** You need to know how you or someone else can get into the home in an urgent situation. Is an extra set of keys (including car keys)

stashed somewhere? Is there a burglar alarm code? Keep a friendly neighbor's phone number handy, and ask the neighbor to do the same with yours.

## **2. Create A Team:**

While there are plenty of important tasks that can be handled remotely, such as paying bills, ordering prescriptions and coordinating team members, you'll still need others to be your eyes and ears (and hands!) when you're caring from afar. It's natural for long-distance caregivers to feel guilty about delegating certain jobs, but — especially when trying to manage more serious or complicated health problems — you simply cannot do it all.

### ***Quick Tips:***

**Start to build your team.** Beyond medical professionals, it's important to reach out to friends, family and community resources to form a larger network of caregiving helpmates. Remember to consider your loved one part of the team.

**Determine roles.** Ask what tasks team members are willing and able to do — large or small. A neighbor might be happy to cut the lawn, while another family member might volunteer to drive to doctor's appointments.

**Keep a roster.** Compile and keep up to date a list of contact info for everyone — including hired helpers such as the housecleaner and the dog walker — and be sure they know how to reach you as well.

## **3. Find a local coordinator**

When caring from afar, it can be especially useful to have a local care manager who can supply local knowledge and help with caregiving logistics. One option is to hire a reputable professional — often called a geriatric care manager or eldercare navigator/coordinator. They can be especially valuable as objective mediators when family members disagree on care decisions and when you're facing tough choices, such as whether it's no longer safe for your loved one to live at home.

### ***Quick tips:***

**Find someone reliable.** Many people who identify themselves as care managers are unqualified for such a crucial role, so verify credentials. Consider years of experience and professional certifications.

**Discuss what they can do and their areas of expertise.** You can hire them for a few hours' consultation to develop a care plan or they can manage nearly the whole kit and caboodle: from hiring and overseeing caregivers to taking on power of attorney for a loved one who is reluctant to designate a family member and may prefer a professional.

**Consider cost.** Health insurance does not cover their services, and they typically charge anywhere from \$50 to \$200 an hour. But an experienced care manager may be able to save your family time, money and stress with even a brief consultation.

#### 4. Stay in the loop:

Establish regular ways to communicate with your local team and loved one, whether through various organization apps, group emails or social tools like FaceTime or Skype. If doctors don't have the time or inclination to follow up with you after meeting with your loved one, you'll need to be both assertive and creative to stay plugged in.

##### **Quick Tips:**

**Make good use of technology.** With your loved one's permission (or her legal proxy), you can implement tools like video monitors and wearable activity trackers. Also available: remote door locks (to prevent wandering in case of dementia) and even electronic pill dispensers that can notify you if someone has taken their medications.

**Stay clued in to doctors' orders.** The person you're caring for might not remember everything important discussed during a doctor's appointment (who does?). You might suggest taking a digital recorder so that you can listen later, or to bring a friend to take notes.

**Consider easy ways to coordinate.** Set up an email group you can use to keep everyone up to date. You might use an online scheduling tool such as Lots a Helping Hands to organize and stay current on who's doing what and when.

**Look into workplace leave policies.** You may be eligible for time off from work for caregiving under the Family and Medical Leave Act (if you work for a small company or haven't worked for your employer long, you may not be). As a compromise, some caregivers arrange to work remotely when they leave town for a caregiving visit.

#### 5. Make the most out of visits:

Nothing replaces an in-person visit. So, when you can manage one, come with a list of things you need to know or discuss. Try to stretch the visit so you can spend time with your loved one, but also are able to schedule key face-to-face appointments related to his well-being. Sitting down to chat with someone is far more personal and revealing than a phone call can ever be.

##### **Quick Tips:**

**Meet current and potential service providers.** You may want to interview potential home aides or housecleaners, or meet with social workers or other health care professionals involved in caregiving to discuss any concerns.

**Note where new help is needed.** Is a faucet dripping or the lawn overgrown? Does your loved one appear to be having trouble doing certain chores, such as laundry or grocery shopping? You can help with some tasks while you're there, but may now need to find someone local to assist day-to-day.

**Look for signs of abuse.** Ask your loved one if you can see his checking account and look for abnormalities. Other red flags: bruises and other unexplained



injuries or an abrupt change in personality. Be very concerned if he mentions someone you've never met who visits often and has been "helpful."

**Have fun together.** While you might have many practical tasks to check off your list, it's important to spend quality time with your loved one, who may have decreased mobility and feel isolated. Set aside a few hours to go out to eat or to the movies, or maybe invite neighbors over for a potluck dinner.

Reference:

AARP. (n.d). Long distance caregiving. Retrieved from  
[http://www.aarp.org/relationships/caregiving-resource-center/info-09-2010/pc tips for long distance caregiver.html](http://www.aarp.org/relationships/caregiving-resource-center/info-09-2010/pc_tips_for_long_distance_caregiver.html)

## HEALTH AND WELLNESS CORNER



### Stepping On

### Exercise and Strategies for Fall Prevention

Stepping ON is a seven week, evidence-based program designed to help reduce falls in increase confidence, strength, and balance.

Health and community-service professionals provide expertise on balance related issues. The small group setting encourages active discussion, decision-making, and behavior changes.

Weekly Topics include:

- Falls and Risks
- Safe Footwear
- Review of Medications
- Home Hazards and Vision
- Public and Community Safety
- Strength and Balance Exercises

Classes are \$28 (includes 15 hours of workshop materials)

To achieve the most benefit from this program, we encourage a commitment to attend all seven sessions.

Contact Jeannie DeCray, Exercise Specialist @ 410-313-6535 (voice/relay) or email at [jdecray@howardcountymd.gov](mailto:jdecray@howardcountymd.gov)

# UPCOMING EVENTS

**Check-out our website at**

**<https://www.howardcountymd.gov/caregiver>**

**Practical Skills for Caregivers: Thursdays September 28- October 26, 2017 (5:00 PM- 8:00 PM)**

Taught by HCC nursing instructors and staff, this five week course will provide learners with helpful information to care for a loved one in the comfort and safety of their own home. This course will address day-to-day challenges for both the care recipient, as well as the caregiver.

**\$195 (includes \$160.00 in fees) Course XH-599 7088 #2338**

**Register online at [www.howardcc.edu](http://www.howardcc.edu)**

**Contact Kathy Wehr, Caregiver Support Program Manager @ 410-313-5955 or**

**Email: [kwehr@howardcountymd.gov](mailto:kwehr@howardcountymd.gov)**

**Powerful Tools for Caregivers: Tuesdays October 3-November 7, 2017 (5:30 PM- 7:00 PM)**

Are you a caregiver, or do you know someone who is?

This six-week series of 90-minute classes will offer caregivers opportunities to explore a variety of self-care tools in a supportive environment, designed to help you reduce stress, change negative self-talk, communicate more effectively, and make tough caregiving decisions.

**\$30 fee covers all materials**

**To register contact Kathy Wehr, Caregiver Support Program Manager @ 410-313-5955 or**

**email: [kwehr@howardcountymd.gov](mailto:kwehr@howardcountymd.gov)**

**FREE!!**

**Prepare to Care: Wednesday October 25, 2017 (6:30 PM- 8:00 PM)**

**Mable Lawn Community Center (Main Hall): 7600 Maple Lawn Blvd., Fulton 20759**

A program designed for adult children to learn about services and programs available for aging family members.

***There is no charge for this program; however, seating is limited and we ask that you please register to attend by contacting our Maryland Access Point at 410-313-1234 or email at***

***[MAP@howardcountymd.gov](mailto:MAP@howardcountymd.gov)***



## FREE Events!!

### Virtual Dementia Tours

If you could walk in the shoes of a person with dementia and have an opportunity to experience the same overwhelming sense of confusion, isolation and frustration they face every day, would you? The Virtual Dementia Tour, a new program offered by the Office on Aging and Independence (OAI) through its Family Caregiver Support Program, simulates the effects of aging and dementia to give families, informal caregivers, and the public an opportunity to better understand the disease and how it affects their loved ones. The experience can be life changing for family members and professional caregivers alike, enabling them to better understand the physical and mental challenges faced by those living with dementia, and empowering them to provide better care and support.

The Virtual Dementia Tour was developed by Second Wind Dreams ([www.secondwind.org](http://www.secondwind.org)), a national nonprofit organization whose mission is to change the perception of aging by offering innovative educational opportunities to caregivers and communities. The organization's flagship sensitivity training, the Virtual Dementia Tour® is a clinically proven evidence-based program which facilitates a greater understanding of dementia using patented sensory tools and instruction. Although it's impossible to know exactly what it feels like to have dementia, this hands-on experience attempts to replicate the mental decline associated with dementia.

### Virtual Dementia Tours will make its debut to the community at 50+ Expo!

Friday October 20, 2017

***When you arrive at the EXPO, be sure to sign-up for a timeslot between 9 a.m. and 3 p.m. to take the tour (limited to the first 30 to sign up).***

### Additional Community Tours:

Ellicott City 50+ Center

Wednesday, November 8<sup>th</sup> and Tuesday, December 5<sup>th</sup>

6:00 pm- 8:00 pm

***\*Registration Required***

**Call Emily Leclercq @ 410-313-5917 or email: [ELeclercq@howardcountymd.gov](mailto:ELeclercq@howardcountymd.gov)**

# FREE Event!!

## Caregiver Night

Tuesday November 14, 2017

6:30 PM- 8:30 PM



### Jennifer Ayana Harrison, Guest Speaker

Ms. Harrison is a certified Wellness Lifestyle Coach and Practitioner, Educator, Author and Community Advocate with more than four decades of experience working to improve the lives of others. She is highly respected and known for her dedication and compassionate coaching qualities as a holistic practitioner. She encourages people to become proactive in their overall care and the maintenance of their health and well-being. Mission driven, Ayana has long promoted a philosophy of self-empowerment through education and self-management.

Ms. Harrison holds a Bachelor of Arts degree in Social Welfare from Antioch College, a Bachelor of Arts degree in Metaphysical Science from the University of Metaphysics, Sedona (Arizona), and a Graduate Certificate in Wellness Coaching from the Maryland University of Integrative Health.

She is a much sought-after speaker and presenter and the author of *What It Means to Be Well-Mind, Body and Spirit: Awakening Conversations with Self*, and the CD, *"Affirmations and Meditations"*

Her mantra:

"To achieve optimum healing results a holistic approach must be implemented, taking into consideration where an individual is mentally, physically, emotionally, and spiritually." Ayana



**Sponsored by the Howard County Office on Aging and Independence Caregiver Support Program**

***There is not charge for this program; however, seating is limited and we ask that you please register to attend by contacting Earnestine Thomas @ 410-313-5069 or email:***

***[ethomas@howardcountymd.gov](mailto:ethomas@howardcountymd.gov)***

# Ongoing Support Groups



## **Alzheimer's Support Group**

Bain Center

5470 Ruth Keeton Way Columbia 21044

2<sup>nd</sup> Thursday of every month

6:30pm- 8:00pm

**Contact Danilsa Marciniak @ 410-736-2217**

## **Early-Stage Group for Care Partners and people with Memory Loss**

Bain Center

5470 Ruth Keeton Way Columbia 21044

2<sup>nd</sup> Thursday of every month

**\*Pre-screening required**

**Call: 1-800-272-3900**

## **Caregiver Support Group**

East Columbia 50+ Center

6600 Cradlerock Way Columbia 21045

Every 3<sup>rd</sup> Monday of every month (except on Holidays)

7:00 pm- 8:30 pm

**Contact Karen Hull @ 410-313-7466 or email: [KHull@howardcountymd.gov](mailto:KHull@howardcountymd.gov)**

## **Korean Caregiver Support Group**

Bain Center (Community Room)

5470 Ruth Keeton Way Columbia 21044

2<sup>nd</sup> Tuesday of every month

10:30 am- 12:00 noon

**Call: MJ Engle @ 410-313-6538 or email: [MEngle@howardcountymd.gov](mailto:MEngle@howardcountymd.gov)**

## **Korean Caregiver Support Group**

East Columbia 50+ Center

6600 Cradlerock Way Columbia 21045

2<sup>nd</sup> Wednesday of every

6:30 pm- 8:00 pm

**Call: MJ Engle @ 410-313-6538 or email: [MEngle@howardcountymd.gov](mailto:MEngle@howardcountymd.gov)**

# Ongoing Support Groups



## **NAMI Family Support Group**

Harmony Hall

6336 Cedar Lane Columbia 20144

2<sup>nd</sup> Tuesday of every month

***\*Registration required***

**Call: 410-772-9300**

## **NAMI Family Support Group**

Celebration Church

6080 Foreland Garth Columbia 21045

3<sup>rd</sup> Friday of every month

***\*Registration required***

**Call: 410-772-9300**

## **Caregiver Support Group/Chronic Conditions**

Howard County General Hospital/ Medical Pavilion Building

10710 Charter Drive Suite 100 Columbia 21044

3<sup>rd</sup> Tuesday of every month

3:30 pm

**Contact Dianne Tollick @ 410-740-5858**

## **Parkinson's Disease Support Group for Caregivers and their Care Partners**

Vantage House Retirement Community

5400 Vantage House Road Columbia 21044

2<sup>n</sup> Tuesday of every month

**Contact: Lynada Johnson @ 410-992-1120**

## **Community Support Group for Caregivers**

Somerford Place Alzheimer's and Dementia Assisted Living

8820 Snowden River Parkway Columbia 21045

1<sup>st</sup> Thursday of every month

11:00 am- 12:00 noon

**Contact Judy Beyer @ 410-313-9744**

# Ongoing Support Groups



## **Intergrace Copper Ridge Neurocognitive Education and Caregiver Support Groups:**

### **Early Dementia Education and Support Group**

**(Sponsored by the Alzheimer's Association)**

The William and Ellen Proxmire Memory Clinic at Copper Ridge

710 Obrecht Road

Sykesville 21784

4<sup>th</sup> Wednesday of every month

4:00 PM

### **FTD (Frontotemporal Dementia) Education and Support Group**

The William and Ellen Proxmire Memory Clinic at Copper Ridge

710 Obrecht Road

Sykesville 21784

3<sup>rd</sup> Wednesday of every month

4:00 PM

**Contact the Memory Clinic @ 410-552-3211**

## **Memory Café Early-stage Social Engagement Program**

**Ellicott City 50+ Center Multipurpose Room**

**9401 Frederick Road Ellicott City, MD 21042**

Enhancing the lives of individuals living with memory loss and their care partners

The café is a safe and relaxed place where people with early-stage memory loss, their families/friends, and health professionals come together for a unique blend of education and social interaction. It is a forum where people can share experiences and socialize.

**1<sup>st</sup> Wednesday of every month**

**6:30 pm- 7:30 pm**

***\*RSVP required***

**Call Kathy Wehr at 410-313-5955 or email: [KWehr@howardcountymd.gov](mailto:KWehr@howardcountymd.gov)**

## **PPA Resource and Discussion Group**

**for those with Primary Progressive Aphasia and their Caregivers**

Sponsored by the Loyola Clinical Centers held at the Loyola Graduate Center,

8890 McGaw Road Columbia 21045

4th Wednesday of the month except August, November, December

1:00 pm- 2:30 pm

***\*RSVP required***

**Call Cindy Nichols, SLP @ 410-617-7717 or email: [cdnichols@loyola.edu](mailto:cdnichols@loyola.edu)**



## A Funny Story

One night at the dinner table, my father (who has dementia) asked my husband and I if we are married. After we told him we were, he started singing, "All I want for Christmas is my mem-or-ree!" I'm glad dad can laugh about this!

- Mickey

Reference:

AgingCare.com. (n.d.). Top 25.

Retrieved from <https://www.agingcare.com/articles/top-caregiver-stories-143989.htm>